

I CLAIM:

- 1 1. A basketball training aid comprising:
2 vertical supports having support tops and support bottoms;
3 bases attached to the support bottoms for holding the vertical supports
4 approximately vertical;
5 an upper portion slidably engagable with the vertical supports, said upper
6 portion vertically fixable relative to said vertical supports; and
7 a vertically disposed substantially opaque curtain attached to the upper
8 portion.

2. The training aid of Claim 1, wherein the curtain is between approximately
two feet high and approximately four feet high.

3. The training aid of Claim 1, wherein the curtain is approximately three feet
high.

4. The training aid of Claim 1, wherein the curtain is between approximately
three feet wide and approximately five feet wide.

5. The training aid of Claim 1, wherein the curtain is approximately four feet wide.

1 6. The training aid of Claim 1, wherein the training aid rests on a floor, and
2 wherein the upper portion has a top bar, and wherein the curtain is attached to
3 the top bar, and wherein the upper portion is vertically adjustable to position the
4 top bar between approximately five feet and approximately nine feet from the
5 floor.

1 7. The training aid of Claim 1, wherein the training aid rests on a floor, and
2 wherein the upper portion has a top bar, and wherein the curtain is attached to
3 the top bar, and wherein the upper portion is vertically adjustable to position the
4 top bar between approximately five and one half feet and approximately eight
5 and one half feet from the floor.

8. The training aid of Claim 1, wherein the upper portion has a top bar and
wherein the curtain is attached to the top bar by hooks.

1 9. The training aid of Claim 1, wherein the vertical supports include a
2 multiplicity of vertically spaced apart attachment points, and wherein the curtain

3 defines bottom corners, and wherein grommets are attached proximal to the
 4 bottom corners, and wherein tensioners are attached between each grommet
 5 and a respective one of the attachment points.

10. The training aid of Claim 9, wherein attachment points are holes.

11. The training aid of Claim 9, wherein attachment points are posts.

12. The training aid of Claim 9, wherein attachment points are spaced
 approximately three inches apart.

13. The training aid of Claim 9, wherein the tensioners are spring tensioners.

1 14. The training aid of Claim 1, wherein:
 2 the upper portion includes vertical members defining first positioning
 3 holes;
 4 the vertical supports include a multiplicity of vertically spaced apart
 5 second positioning holes; and

6 the positioning pins protrude through the first positioning holes and are
7 adapted to engage the second positioning holes to fix the vertical position of the
8 upper portion.

15. The training aid of Claim 1, wherein positioning pins are biased outwards
by leaf springs.

16. The training aid of Claim 1, wherein positioning pins are biased outwards
by coiled springs.

17. The training aid of Claim 1, wherein the upper portion includes a
horizontal brace.

18. The training aid of Claim 1, wherein the vertical supports are
approximately four and one half feet high.

1 19. A basketball training aid comprising:
2 vertical supports having support tops and support bottoms;
3 bases attached to the support bottoms for holding the vertical supports
4 approximately vertical;

5 an upper portion slidably engagable with the vertical supports, said upper
6 portion vertically fixable using a pair of outwardly biased positioning pins
7 residing partially within the upper portion, in cooperation with a corresponding
8 pair of a multiplicity of vertically spaced apart positioning holes relative to said
9 vertical supports; and

10 a vertically disposed substantially opaque curtain attached to an upper
11 bar of the upper portion, and having grommets proximal to bottom corners,
12 wherein a pair of tensioners are attached between the grommets and a
13 corresponding pair of a multiplicity of vertically spaced apart tensioner holes
14 defined in the vertical supports.

1 20. A method for improving a basketball players shooting performance, the
2 method comprising:

3 positioning a training aid on a basketball court, wherein the training aid is
4 positioned between a shooting position and a basket;

5 observing a jumping height of a player;

6 adjusting the height of an upper portion of the training aid relative to
7 vertical supports based on the observed jumping height, wherein a vertically
8 disposed substantially opaque curtain is attached to the upper portion;

- 9 fixing the vertical position of the upper portion relative to the vertical
- 10 supports;
- 11 connecting tensioners between bottom corners of the curtain to
- 12 attachment points on the vertical supports; and
- 13 shooting at the basket, wherein the player must jump to coordinatedly see
- 14 over the training aid and to shoot over the training aid.